


# December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b><u>Welcome New Residents</u></b></p> <p>Jack &amp; Peg Seipel Apt. 117            Anna Hartman Apt. 143            Jean Gaylor Apt. 207            Ginny Fenton Apt. 204            Edith Faries Apt. 107            Elinor Arsic Apt. 305            Ed Tabbanor Apt. 103            Mae Tabbanor Apt. 246</p> <p>We are excited to have you all as part of the First Colonial Inn family! Everyone please make them all feel welcome!</p>		<p>All programs are available for Assisted Living &amp; Independent Living residents to attend. Programs focus on the following areas of Wellness:</p> <p><i>Vocational            Physical            Social            Spiritual            Emotional            Intellectual</i></p>	<p><b><u>Noti</u></b></p> <p><i>Programs o            are subject            Changes            reflected            Line-ups w            availabl            morning an            Desk and</i></p>
<p>4</p> <p>8:45-12 Great Neck Baptist Bus            10:30-12 Holy Family Church Bus (I/L &amp; A/L)            10:45-11:15 Exercise (A/L)</p>	<p>5</p> <p>9-10 Trip: Banks &amp; Cleaners            9:30-11 Current Events            10:30-11 Exercise (A/L)            11-11:30 Chair Exercises            11-11:30 Sing a Longs (A/L)</p>	<p>6</p> <p>10-11 <b><u>Resident Meeting</u></b> (I/L &amp; A/L)            10:30-11:30 Trip: Kroger's Grocery            11-11:30 Rosary</p>	<p>7 <b>Pearl Harl</b></p> <p>9:30-10 Walking Group            10-11 Baylake Pines (I/L &amp; A/L)            10:30-11 Exercise (A/L)            11-11:30 Chapel</p>

# ber 2011

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Notice:</b>  <i>Items on calendar subject to change. Items will be added on Daily News which are available each week at the Front Desk on Ch. 5.</i></p>	<p><b>1</b>            10:30-11 Catholic Mass            10:30-11 Taboo (A/L)            11-11:30 Chair Yoga Class            12-4 Decorating First Colonial Inn            1-3 Canasta            1:30-2 Exercise (A/L)            1:30-3:30 Trip: Super Wal-mart            2:30-3 Zumba Gold Exercise Class            3-4 Listening to Classical Music            3-4 Then &amp; Now As A Teenager with Angelica (I/L &amp; A/L)            5:30-6:30 Evening Program w/Judith            5:30-7 Trip: Norfolk Botanical Gardens Lights Trip            7-8 Inspirational Hour</p>	<p><b>2 Name Tag Day &amp; Fancy Friday</b>            9:30-12 Foot Care Appointments with Dr. Bava            10-2 Holiday Sale            10:30-11 Exercise (A/L)            11-11:30 Balance Exercise Class            11-11:30 Heartfelt Stories (A/L)            12:45-3 Poker Club            1-2 Free Bingo Friday (I/L &amp; A/L)            3-4 Social Hour with Charlie Wiseman (I/L &amp; A/L)            7:30-9 Music by the Sounds of Joy (I/L &amp; A/L)</p>	<p><b>3</b>            10:30-11 Exercise (A/L)            11-12 Children's Piano Recital            11-11:30 Coffee Klatch (A/L)            12:45-3 Bridge Club            1-3 Car Shuttle Trips to Dollar Tree            2-3 Country Music with Bob, Mae, &amp; Stoney (I/L&amp;A/L)            7-9 Movie Night (I/L &amp; A/L)</p>
<p><b>Harbor Day</b>            Group Lines Kids Perform (A/L)            e (A/L)</p>	<p><b>8</b>            9-5 Lifeline Community Health Screening            10:30-11 Game of Things (A/L)            11-2 Red Hat Lunch Out            1-1:30 Wellness Exercise (A/L)</p>	<p><b>9 Name Tag Day &amp; Fancy Friday</b>            10-3 Colleen's Holiday Craft Show &amp; Sale            10-10:30 Morning Stretch (A/L)            10-11 Resident Relations Forum            11-11:30 Yoga with Judith</p>	<p><b>10</b>            10:30-11 Exercise (A/L)            11-11:30 Exercise Video            11-11:30 Coffee Klatch (A/L)            12:45-3 Bridge Club</p>

<p>10:45-11:15 Exercise (A/L)  1-3 Mexican Train Dominoes  1-3 Canasta  2-3 Children Piano Recital  Concert Students  of Anna Dobrzyn (A/L &amp; I/L)  2-4 Trip: Bethlehem Walk at Kings  Grant Presbyterian Church  7-9 Movie Night (I/L &amp; A/L)</p>	<p>11-11:30 Chair Exercises  11-11:30 Sing-a-longs (A/L)  12:45-3 Poker Club  1:30-2:30 Trip: Food Lion  &amp; Dollar Tree  2-2:30 Blood Pressure Checks  2-4 PBS Documentary Series on  Prohibition Part 1 (I/L &amp; A/L)  3-4 Drumming Circle  7-8 Bingo (I/L &amp; A/L)</p>	<p>11-11:30 Rosary  1-3 FCI Chess Nuts Chess Club  1:30-2 Exercise (A/L)  1:30-3 Trip: Kroger's Grocery  1:30-3 Stitch &amp; Chat  3-4 You Be The Judge  5:30-6:30 Trip: Boardwalk Holiday  Lights Trip (A/L)  7-8 Bible Study</p>	<p>11-11:30 Chapel  11-2 Assisted Living  Trip &amp; Trip to the P  12:45-3 Poker Club  1-3 FCI Chess Club CH  2-2:30 SPCA Pet Ther  2:45-3:15 SPCA Pet TH  3-4 Pearl Harbor Doc  6-7 Inspirational Visi  6:30-8 Mexican Train  7-8 Bingo (I/L &amp; A/L)</p>
<p>11  8:45-12 Great Neck Baptist Bus  10:30-12 Holy Family  Church Bus (I/L &amp; A/L)  10:45-11:15 Exercise (A/L)  11-12 FCI Church Service  1-3 Mexican Train Dominoes  1-3 Canasta  2-3 Students of Anna Dobrzyn  Children Piano Recital  (A/L &amp; I/L)  2:30-3:30 Trip: Joy Ride  7-9 Movie Night (I/L &amp; A/L)</p>	<p>12  9-10 Trip: Banks &amp; Cleaners  9:30-11 Current Events  10:30-11 Exercise (A/L)  11-11:30 Chair Exercise  11-11:30 Crossword Puzzles (A/L)  12:45-3 Poker Club  1:30-3 Trip: Farm Fresh Grocery  2-4 PBS Documentary Series on  Prohibition Part 2 (I/L &amp; A/L)  3-4 Drumming Circle  7-8 Bingo (I/L &amp; A/L)</p>	<p>13  10-10:30 Food Forum with Denise  10:30-11 Rosary  10:30-11:30 Trip: Central Library  10:30-11 Exercise (A/L)  11-11:30 Balance Exercise Class  1-3 FCI Chess Nuts Chess Club  1:30-3 Trip: Kroger's Grocery  1:30-3 Stitch &amp; Chat  1:30-2:30 Holiday Craft (A/L)  2-3 Horse Racing Game  6:30-9:30 Trip: Tidewater Winds  Performance at Sandler Center  7-8 Bible Study</p>	<p>14  9:30-10 Advanced Wa  10-10:30 Hand Weigh  10:30-11 Exercise (A/  11-11:30 Chapel  11-11:30 Taboo (A/L)  12:45-3 Poker Club  1-3 FCI Chess Nuts CH  2-3 Music by The Jos  6-7 Inspirational Visi  <b>6:30-8 Resident</b>  <b>Holiday P</b>  <b>Dining Room CLOSE</b>  <b>night. Boxed Dinne</b>  <b>pick up at :</b></p>

<p>ing Lunch Out the Pet Store (A/L) ub b Chess Nuts Therapy (A/L) et Therapy (I/L) Documentary Visits (A/L) rain Dominoes A/L)</p>	<p>1-1:30 Wellness Exercise (A/L) 1:30-2:30 Sing-a-long with Claire (A/L) 1-3 Canasta 2-4 pm Trip: Joy Ride on Norfolk Tide Light Rail Train 2:30-3 Zumba Gold Exercise Class 3-4 Corn Hole with Angelica (I/L&amp;A/L) 5:30-6:30 Evenings w/Judith (I/L &amp;A/L) 7-9 Movie Night (A/L &amp; I/L)</p>	<p>11-11:30 Yoga with Judith 12:45-3 Poker Club 1-2 Free Bingo Friday (I/L &amp; A/L) 3-4 Social Hour with Pete Ewell (I/L &amp; A/L) 7-9 Movie Night (I/L &amp; A/L) <b>Associate Holiday Party This Evening. Dining Room <u>CLOSED</u> for Dinner. Box Dinners will be available for pick-up at 3:30.</b></p>	<p>12:45-3 Bridge Club 1-2:30 Car Shuttle Trips to Super K-mart 3-4 Afternoon Fun with Judith (I/L &amp; A/L) 7-9 Movie Night (I/L &amp; A/L)</p>
<p>d Walking Group Weights Class e (A/L) A/L) ub ts Chess Club Joslins (I/L &amp; A/L) Visits (A/L) <b>ent &amp; Family y Party (I/L&amp;A/L)</b> <b>CLOSED for Dinner this Dinners available for o at 3:30 pm.</b></p>	<p>15 10:45-11:15 Children Christmas Carolers (I/L &amp; A/L) 11:45-1 Birthday Luncheon (I/L&amp; A/L) 1-3 Canasta 1:30-2 Wellness Exercise (A/L) 2:30-3:30 Kitchen Tours with Denise 2:30-3 Zumba Gold Exercise Class 3-4 Listening to Classical Music 3-4 Corn Hole with Angelica (I/L&amp;A/L) 6-6:30 Virginia Beach Christian Choir Performs (I/L &amp; A/L) 7-8 Inspirational Hour</p>	<p><b>16 Name Tag Day &amp; Fancy Friday</b> 9:30-11 Community Roundtable with Patricia 10:30-11 Exercise (A/L) 11-11:30 Balance Exercise Class 11-11:30 Nature Appreciation (A/L) 12:45-3 Poker Club 1-2 Free Bingo Friday 3-4 Social Hour with Charlie Wiseman (I/L &amp; A/L) 6:30-7:30 Christmas Caroling by Girl Scouts Troop 591 (I/L &amp; A/L) 8-10 Movie Night (I/L &amp; A/L)</p>	<p>17 10:30-11 Exercise (A/L) 11-11:30 Exercise Video 11-11:30 Coffee Klatch (A/L) 12:45-3 Bridge Club 1-2:30 Car Shuttle Trips to Skinny Dip Yogurt 2:30-3:30 Music by Roberto El Romantico (I/L &amp; A/L) 7-9 Movie Night (I/L &amp; A/L)</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>18</p> <p>8:45-12 Great Neck Baptist Church Bus</p> <p>10:30-12 Holy Family Church Bus (I/L &amp; A/L)</p> <p>10:45-11:15 Exercise (A/L)</p> <p>1-3 Mexican Train Dominoes</p> <p>1-3 Canasta</p> <p>1:30-3 Christmas Caroling by Boy Scout Pack 62 (I/L &amp; A/L)</p> <p>2:30-5 Trip: Holiday Music by Virginia Beach Chorale at Sandler Center</p> <p>7-9 Movie Night (I/L &amp; A/L)</p>	<p>19</p> <p>9-10 Trip: Banks &amp; Cleaners</p> <p>9:30-11 Current Events</p> <p>10:30-11 Exercise (A/L)</p> <p>11-11:30 Chair Exercise</p> <p>11-11:30 Sing-a-longs (A/L)</p> <p>12:45-3 Poker Club</p> <p>1:30-3 Trip: Harris Teeter Grocery</p> <p>2-2:30 Blood Pressure Checks</p> <p>2-4 PBS Documentary on Prohibition Part 3 (I/L &amp; A/L)</p> <p>3-4 Drumming Circle</p> <p>6:30-7:30 Country Mill Carolers (I/L &amp; A/L)</p> <p>7-8 Bingo (I/L &amp; A/L)</p>	<p>20</p> <p>8:30-11 Veteran's Breakfast</p> <p>10-3 Avon Sale</p> <p>10:30-11 Rosary</p> <p>10:30-11:30 Trip: Kroger's Grocery</p> <p>11-11:30 Balance Exercise Class</p> <p>11:30-12 Wellness Exercise (A/L)</p> <p>11-12 Free Gift Wrapping</p> <p>1-3 FCI Chess Nuts Chess Club</p> <p>1:30-3 Trip: Kroger's Grocery</p> <p>1:30-3 Stitch &amp; Chat</p> <p>2-2:30 Fun with Crafts (A/L)</p> <p>3-4 Performance by Southside Harmonica Club</p> <p>5:30-7 Trip: Norfolk Botanical Gardens Holiday Lights Trip (A/L)</p> <p>7-8 Bible Study</p>	<p>21 Hanukkah</p> <p>9:30-10 Walking Group</p> <p>10-10:30 Chair Exercise</p> <p>10:30-11 Exercise (A/L)</p> <p>11-11:30 Chapel</p> <p>11-11:30 Taboo (A/L)</p> <p>12:45-3 Poker Club</p> <p>1-3 FCI Chess Nuts Chess Club</p> <p>2-3 Performance by Gospel Singers</p> <p>3-3:30 Buddy-Therapy</p> <p>3:35-4 Buddy-Therapy</p> <p>6-7 Inspirational Video</p> <p>6:30-8 Mexican Train Dominoes</p> <p>7-8 Bingo (I/L &amp; A/L)</p>
<p>25 <b>Merry Christmas</b></p> <p>8:45-12 Great Neck Baptist Church Bus</p>	<p>26</p> <p>9-10 Trip: Banks &amp; Cleaners</p>	<p>27</p> <p>9:30-10 Housekeeping &amp; Cleaning</p>	<p>28</p> <p>9:30-10 Advanced</p>

# ber 2011

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>21</b> <b>Thanksgiving First Day</b>            Walking Group            Chair Exercises            Exercise (A/L)            Model            Book (A/L)            Club            Nuts Chess Club            Lecture by Haygood            Singers (I/L &amp; A/L)            Therapy Dog (A/L)            Therapy Dog (I/L)            Social Visits (A/L)            Train Dominoes            &amp; A/L)</p>	<p><b>22</b>            9:30-11 Eyeglass Adjustments            10:30-11 Exercise (A/L)            11-11:30 Chair Yoga Class            11-11:30 Sharing Holiday                              Memories (A/L)            1-3 Canasta            1:30-3 Trip: Burlington Coat Factory,                              Dollar Tree, 39 Cent Card                              Store, &amp; AC Moore            2-2:30 Activities, Programs, &amp;                              Transportation Forum            2:30-3 Zumba Gold                              Exercise Class            5:30-6:30 Evening Program                              With Judith (I/L &amp; A/L)            6-7 Trip: Neighborhood Lights            7-8 Inspirational Hour</p>	<p><b>23</b> <b>Name Tag Day &amp; Fancy Friday</b>            10:30-11 Exercise (A/L)            11-11:30 Balance Exercise Class            11-11:30 Morning Chat (A/L)            12:45-3 Poker Club            1-2 Free Bingo Friday (I/L &amp; A/L)            3-4 Social Hour with                              Pete Ewell (I/L &amp; A/L)            3-5 Beltone Hearing Checks            7-9 Movie Night (I/L &amp; A/L)</p>	<p><b>24</b> <b>Christmas Eve</b>            10:30-11 Exercise (A/L)            11-11:30 Chair Exercise Video            11-11:30 Coffee Klatch (A/L)            12:45-3 Bridge Club            2-4 Holiday DVD Music Video                              (I/L &amp; A/L)            7-9 Movie Night (I/L &amp; A/L)</p>
<p><b>29</b>            8:30-10 Breakfast Outing</p>		<p><b>30</b> <b>Name Tag Day &amp; Fancy Friday</b></p>	<p><b>31</b> <b>New Years Eve</b>            10:30-11 Exercise Video (A/L)</p>

**Merry Christmas**  
 8:45-12 Great Neck Baptist Church Bus  
 9:15-11 Holy Family (\*) Church Bus (I/L & A/L)  
 11-11:30 Exercise Video (I/L&A/L)  
**11:30-3 Christmas Dinner (I/L & A/L)**  
 3-5 Movie Matinee: "Christmas Vacation" (I/L & A/L)  
 7-9 Movie Night (I/L & A/L)

*(\*) Please note special time for Holy Family Church Bus*

20  
 9-10 Trip: Banks & Cleaners  
 11-11:30 Chair Exercise  
 11:30-12 Exercise (A/L)  
 12:45-3 Poker Club  
 2-3 Bingo (I/L & A/L)  
 3-4 Holiday Sing-a-long (A/L)  
 3-4 Drumming Circle  
 7-8 Movie Night (I/L & A/L)

20  
 9:30-10 Housekeeping & Maintenance Forum  
 10:30-11 Rosary  
 10:30-11:30 Wellness Exercise (A/L)  
 10:30-11:30 Trip: Kroger's Grocery  
 11-11:30 Balance Exercise Class  
 1:30-2:30 Assisted Living Birthday Party & Resident Meeting (A/L)  
 1-3 FCI Chess Nuts Chess Club  
 1:30-3 Trip: Kroger's Grocery  
 1:30-3 Stitch & Chat  
 2-3 Blood Pressure Checks by Va Beach Health Department  
 3-4 Book Club  
 7-8 Special Music Presentation by Bible Study Group

20  
 9:30-10 Advanced  
 10-10:30 Chair Exercise  
 10:30-11 Exercise  
 11-11:30 Chapel  
 11-11:30 New Year's Memories  
 12:45-3 Poker Club  
 1-3 FCI Chess Nuts  
 2-3 Bingo (I/L & A/L)  
 3-4 New Year's Eve  
 6-7 Inspirational Video  
 6:30-8 Mexican Tradition  
 7-8 Movie Night (I/L & A/L)



**Community Car Service Schedule**

**Monday through Wednesday , and Friday 9 a.m.**

**No Car Transportation on Thursdays.**


**Sign up for this service at the Front Desk. We ask that**

**1-day in advance. There is a \$10 fee for same day, non-emergency**

**Wellness/Medical related Appointments are**

**Non-Wellness/Non-Medical related Errands are**

**Driving area is limited. See staff for details**

<p>ced Walking Group Exercises ise (A/L) el Year's ories (A/L) Club Nuts Chess Club &amp; A/L) ve Craft (A/L) al Visits (A/L) n Train Dominoes t (I/L &amp; A/L)</p>	<p>8:30-10 Breakfast Outing 10:30-11 Exercise (A/L) 11-11:30 Chair Yoga Class 11-11:30 Nature Appreciation (A/L) 1-3 Canasta 1:30-3:30 Trip: Lynnhaven Mall 2-3 Music by The Lyrics (I/L&amp; A/L) 5:30-6:30 Evening Program with Judith (I/L &amp; A/L) 7-8 Inspirational Hour</p>	<p><b>Fancy Friday</b> 10:30-11 Exercise (A/L) 11-11:30 Balance Exercise Class 11-11:30 Morning Chat (A/L) 12:45-3 Poker Club 1-2 Free Bingo Friday 3-4 Social Hour with Paul Zimmerman (I/L &amp; A/L) 7-9 Movie Night (I/L &amp; A/L)</p>	<p>10:30-11 Exercise Video (A/L) 11-11:30 Chair Exercise Video 11-11:30 Coffee Klatch (A/L) 12:45-3 Bridge Club 2-3 Music &amp; Sing-a-long with Margaret Smith 7-9 Movie Night (I/L &amp; A/L) 9-12 Resident New Year's Eve Party (I/L &amp; A/L)</p> 
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**Rule**  
a.m. – 5 p.m.  
ys.  
k that you sign up  
mergency appointments.  
are FREE.  
are a \$4 fee.  
etails.

**Community Car Service ends each day at 5 pm.**  
**All Pick ups must be completed by 5:30 pm.**  
**Medical appointments receive priority over errands.**  
**Errand appointments may be asked to reschedule in**  
**certain instances.**  
**For more information,**  
**please speak with our Wellness Staff.**